

# Breakfast in the Classroom Tips



## Breakfast in the Classroom

Bring the benefits of school breakfast to your students in the class in about 7-15 minutes!

### Did You Know?

- Studies have found that breakfast served in the classroom increases participation above 95%<sup>1</sup>
- Of the students who don't normally participate in school breakfast, almost 60% said they'd be likely to eat school breakfast more often if it was served in the classroom<sup>2</sup>

### Breakfast in the Classroom Works Great for:

- Elementary schools as students typically stay in the same classroom all day
- Schools with large numbers of bused students who arrive too late for breakfast in the cafeteria
- Schools with small cafeterias where it is challenging to feed all students breakfast at the same time

### Suggestions:

- Prepare meals the day before or bring pre-packaged meals to the class each morning
- Use coolers on small carts or wagons to transport milk, yogurt, and other chilled items, or hot entrees that are easy to eat
- Teachers can use attendance sheets to record which students ate breakfast each day

### Easy Ideas for Breakfast in the Classroom:

Good choices for classroom breakfast are foods that are easy to transport, pre-packaged or wrapped in advance, easy to eat and mess-free



#### Big G Bowlpak Cereals

- All Big G cereals contain whole grain as the first ingredient<sup>3</sup> and provide one bread equivalent



#### Cereal On-The-Go and Cereal Bars

- Individually wrapped items are easy to transport and distribute
- Popular kid-favorite brands all contain whole grain as the first ingredient<sup>3</sup> and provide one bread equivalent



#### Pillsbury® Hot Breakfast

- Individually wrapped for quick heating and serving
- Pillsbury Hot Breakfast items contain whole grain as the first grain ingredient with at least 16g of whole grain per serving<sup>3</sup> and provide two bread equivalents



#### Trix® and Yoplait® Yogurts

- Trix® and Yoplait® yogurts are low fat and low sodium, while providing a good source of calcium and vitamin D – this combination makes a 4 oz serving an ideal meat alternate



#### Featured Resource:

Breakfast = School Success Toolkit

- A helpful aid in selling the benefits of alternative breakfast and gaining support from key stakeholders and administration
- Available at [www.bellinstitute.com](http://www.bellinstitute.com)

<sup>1</sup> SNA Little Big Fact Book 2011

<sup>2</sup> School Nutrition Dietary Assessment-III, 2007

<sup>3</sup> At least 48g of whole grain recommended daily